

Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, CA 94568
(925) 556-4511



Annual Registration needed but
**Daily Reservations
Not Required**
unless otherwise noted for special lunches

Open Heart Kitchen (OHK) Senior Meal Program is funded,
in part, by the Alameda County Area Agency on Aging.

May 2016 Lunch Menu

Lunch is served
Mondays, Tuesdays, Thursdays, Fridays 11:30am - 12:30pm
(Last seating at 12:15pm)
Wednesdays 11:30am - 12:15pm (Last seating at 12:00)

SUGGESTED DONATION: \$3.00
unless otherwise noted
Menu subject to change without notice.



Salad Available Daily:	
lettuce	kidney beans
spinach*+	celery
bell peppers*+	olives
carrots*	cucumbers
beets	mushrooms
tomatoes*+	
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Vitamin A Source *	High Salt #
Vitamin C Source +	Spicy @

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the Day: Chef's Choice	Soup of the Day: Bean	Soup of the Day: Chef's Choice	Soup of the Day: Chef's Choice	Soup of the Day: Chef's Choice
May 2	May 3	May 4	May 5	May 6
Curried Honey Baked Chicken, Enriched Rice, Corn, Salad*+, Jell-O w/ Fruit	Mock Beef Bourguignon over Enriched Noodles, Seasonal Mixed Vegetables, Salad*+, Melon Cup	Honey Mustard Chicken, Baked Potatoes, Mixed Seasonal Vegetables, Salad*+, Pears	Mother's Day Lunch: register by 4/29, no drop-ins \$15 Dublin Resident;\$18 Non-residents Chicken Parmesan; buttered corn, carrots & peas; egg noodles; soft rolls; s'mores parfait	Spaghetti Pie (Ground Turkey), Whole Grain Garlic Bread, Seasonal Vegetables, Salad*+, Fruit Cup
May 9	May 10	May 11	May 12	May 13
Spinach and Beef Lasagna, Whole Grain Rolls, Salad*+, Ice-Cream w/ Berries	Jambalaya w/ Chicken, Sausage & Rice, Sautéed Seasonal Vegetables, Salad*+, Apricots	Salsa Chicken, Mexican Rice, Black Beans w/ Corn and Red Peppers, Salad*+, Fruit Cup	Pot Roast, Baked Potato, Seasonal Vegetables, Salad*+, Spiced Carrot Cake	Cabbage Rolls (Ground Beef), Roasted Vegetables, Corn Bread, Salad*+, Tropical Fruit Cup
May 16	May 17	May 18	May 19	May 20
Lemon Pepper Chicken, Rice Pilaf, Green Beans, Salad*+, Seasonal Fruit	Beef Mac and Cheese Bake, Cauliflower, Salad*+, Brownies	Baked Ham, Mashed Sweet Potatoes, Sauteed Spinach ,Salad*+, Cinnamon Applesauce	Beef and Rice Stuffed Red Bell Peppers, Three Bean Salad, Salad*+, Peaches	Roast Chicken w/ Herbs, Mashed Potatoes w/Gravy, Sautéed Seasonal Vegetables, Salad*+, Baked Apples w/ Caramel Sauce
May 23	May 24	May 25	May 26	May 27
Oven Fried Chicken, Red Potatoes, Seasonal Roasted Vegetables, Salad*+, Pudding w/ Bananas	Pork and Black Bean Stew over Mashed Potatoes, Cornbread, Salad*+, Seasonal Fruit Cup	Penne Pasta w/ Meat Sauce, Seasonal Vegetables, Whole Grain Garlic Bread, Salad*+, Melon Cup	Reuben Sandwich w/ Sauerkraut, Sweet Potato Fries, Waldorf Salad, Salad*+, Roasted Pineapple 🎵 Join us for Name that Song at 12:15pm 🎵	Chicken Fricassee w/ Enriched Rice, Seasonal Vegetables, Salad*+, Cupcakes w/ Frosting
May 30	May 31			
Closed for Memorial Day Holiday	Kosher Low Sodium Beef Hot Dog on Whole Grain Bun, Coleslaw, Potato Salad, Salad*+, Fruit Cup			